

Parks and Recreation Department



Hours of operation				
Sunday	9:00 am to 3:00 pm			
Monday	11:30 am to 9:30 pm			
Tuesday	11:30 am to 8:30 pm			
Wednesday	11:30 am to 8:30 pm			
Thursday	11:30 am to 8:30 pm			
Friday	11:30 am to 8:30 pm			
Saturday	9:00 am to 5:00 pm			

## Closed on all City Holidays July 4th - Independence Day

STAFF			
Steve Palle	District Manager		
Monica Honoré	Area Manager II		
Ira L. Patron	Recreation Center Director III		
Alysandra Perez	Assistant Center Director		
Juan Banuelos	Grounds Maintenance Worker II		
Patty Barajas	Grounds Maintenance Worker II		
Joaquin Godinez	Grounds Maintenance Worker II		
Julio Morales	Grounds Maintenance Worker II		
Terry Randle	Grounds Maintenance Worker II		
David Salonius	Grounds Maintenance Worker II		
Nicholas Volpe	Recreation Leader II		
Demetria Anderson	Recreation Leader I		
Vanessa Denogean	Recreation Leader I		
KJ LeCesne	Recreation Leader I		
Roshawnda Williams	Recreation Leader I		
Kiana Fagan	Recreation Aide		

#### Welcome

The staff at Linda Vista Recreation Center would like to welcome you and your family to our facility. This is an active and community involved center that wants to give you the best recreational activities possible. If you have any comments or suggestions for new programs, feel free to call or stop by the recreation center and talk to one of our friendly staff members.

#### Linda Vista Recreation Advisory Group

This group of concerned citizens volunteer their time to advise Parks and Recreation staff on matters related to parks and recreation programs, community events, equipment and improvements. They plan, promote, and help provide recreation opportunities for citizens in the Linda Vista Community.

Groups, clubs, and leagues using the park are encouraged to send a representative to the meetings. Meetings are open to the public. New membership is encouraged and welcomed.

The Linda Vista Recreation Advisory Group meets on the second Tuesday of each month at 5:00 pm in Meeting Room 1. Persons interested in making a positive impact or who have concerns about local parks and the recreation center should attend the meetings.

#### Rules & Regulations

- Alcohol is prohibited at all Linda Vista community parks.
- Bottles and Glass containers are prohibited.
- All vehicles must park in marked stalls. Vehicles are not allowed on the turf, sidewalks, or nondesignated thoroughfare.
- It is illegal to use our dumpsters for your household refuse.
- Smoking is prohibited at all City parks and beaches.

#### Dog Etiquette

- Always pick up after your pet.
- Keep your dog(s) on their leash and leash in hand at all times
- Be sure that your dog is wearing a current license from the San Diego Humane Society.
- The closest Leash-Free Dog Park is located at Kearny Mesa Community Park.

#### Therapeutic Recreation Services

The City of San Diego Parks & Recreation Therapeutic Recreation Services (TRS) program provides sports, recreation, leisure and outreach services to San Diegans with physical, mental and emotional disabilities. Services include therapeutic recreation programs and adaptive sports opportunities, which address the special needs of individuals with disabilities. A limited amount of Inclusion Aides are available to facilitate the inclusion of individuals with disabilities into programs at their neighborhood recreation center. Please call TRS at least three weeks before the program start date to schedule assistance. For more information, call (619) 525-8247.

#### Volunteers

Ongoing opportunities are available at recreation centers, pools, and regional parks throughout the City, as well as with Senior Citizen Services and Therapeutic Recreation Services. If you would like to volunteer or see what kinds of volunteer opportunities are out there, please call the Volunteer Office at (619) 533-4017 or visit http://www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/

#### **Donations**

By donating to our park system, you can help the Parks and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities, and income levels through recreation, natural open spaces parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your park, pool, or recreation program, please call Ira Patron. Recreation Center Director III, at (858) 573-1343.

#### Recycling

- A recycling bin is located in the main parking lot.
- You can deposit metal, aluminum, plastic bottles, newspaper, magazines, and cardboard.
- It is illegal to remove items from our dumpsters.

### SDR ECCONNECT.COM

Set up your account and browse classes now. Summer 2019 classes are now viewable and will become available for registration on Saturday, May 11, 2019 at 10:00 am unless otherwise noted in this program.

#### **Registration Information**

- Registration is on a first come, first served basis.
- Payment is required at the time of registration.
- We accept the following forms of payment: cash (exact amount), check, and credit card.
- A Reduced Fee Waiver is available upon request.
   Candidates must meet income and residency requirements.
- Classes may be cancelled due to the lack of enrollment, instructor illness, weather conditions, or changes in operating hours.

#### Transaction and Credit Card Fees

Effective September 8, 2015, all Customers will be charged a \$2.00 transaction fee for all registration and reservation transactions. Additionally, a 3% credit card fee will be applied when a credit card is used to process payment. Rates are established by the service provider and are nonrefundable.

#### Field and Building Permits

- A permit is required to reserve the picnic shelter, the athletic fields and courts, the meeting rooms, equipment set up, and large groups over 50 people.
- Permits are processed by appointment only.
- Call the Center Director (858) 573-1343 to schedule an appointment for the following sites:

Linda Vista Community Park

Linda Vista Recreation Center

Kelly Street Neighborhood Park

Mission Heights Neighborhood Park

Edward Tyler Cramer Park

Silver Terrace Mini Park

Osler Field at Linda Vista

Linda Vista Elementary Joint Use Field

Montgomery Middle School Joint Use Field

Carson Elementary School Joint Use Field

Linda Vista Skateboard Park

# The City of SAN DIEGO

#### **Linda Vista Recreation Center**

7064 Levant Street, San Diego, CA 92111 (858) 573-1392 www.sandiego.gov

Parks and Recreation Department

"To provide healthy, sustainable, and enriching environments for all"

# Learn to Swim

This program is conducted by the City of San Diego Parks and Recreation Department. Group lessons are available for boys and girls age 3 years and older, at least three feet tall, and toilet trained. An appropriate swimsuit is always required.



five thirty-minute lessons. Each one-week session cost \$5.00 plus fees.

There are NO REFUNDS. Note: Class schedules are subject to change or cancellation.



Registration opens June 14, 2019 at 12:00 pm						
Dates	7/29 to 8/2	ActiveNet Code	8/5 to 8/9	ActiveNet Code	8/12 to 8/16	ActiveNet Code
10:30 to 11:00	6 to 8	63233	6 to 8	63253	6 to 8	63267
11:00 to 11:30	6 to 8	63235	6 to 8	63254	6 to 8	63268
11:30 to 12:00	9 to 12	63237	9 to 12	63255	9 to 12	63269
12:00 to 12:30	3 to 5	63238	3 to 5	63257	3 to 5	63270
12:30 to 1:00	3 to 5	63239	3 to 5	63258	3 to 5	63271
1:00 to 1:30	6 to 8	63240	6 to 8	63259	9 to 12	63272
1:30 to 2:00	BREA	AK .	BREAK		BREAK	
2:30 to 3:00	9 to 12	63241	9 to 12	63260	3 to 5	63273
3:00 to 3:30	3 to 5	63242	3 to5	63261	9 to 12	63274
3:30 to 4:00	3 to 5	63243	3 to 5	63262	6 to 8	63275
4:00 to 4:30	9 to 12	63244	6 to 8	63263	3 to 5	63276
4:30 to 5:00	6 to 8	63245	9 to 12	63264	9 to 12	63277
5:00 to 5:30	6 to 8	63246	9 to 12	63265	6 to 8	63278

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, gender, religious creed, marital status, sexual orientation, ancestry, nation origin, age, menta or physical disability, medical condition (including HIV, AIDS & AIDS-related complex). If Anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Parks and Recreation Department (contact the District Manager at (619) 235-1155) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request. Printed on recycled paper.



No cost.

Summer meals at no charge for kids 4 teens ages 18 and younger.

#### No registration.

Participation does not require any enrollment or identification.

#### No questions asked.

There is no income verification or paperwork of any kind.

THANK YOU TO OUR SPONSORS!



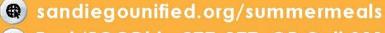


SAN DIEGO
Honda Dealers

Always Sunsy



#### FIND SERVING SITES NEAR YOU

















#### Linda Vista Skateboard Park

#### Features of the Skateboard Park

The Linda Vista Skateboard Park open January 2018 and is part of the Linda Vista Community Park. The park is currently the largest skate park in the San Diego Parks and Recreation system. There

are elements from rails, stairs, ramps, banks, ledges, jumps, and benchlike features to satisfy all skill levels. Besides the elements, there are several bowls, a full pipe, a street course, lights and



a bridge. The bridge is not only a focal point of the park, it also serves as a view point to watch the skaters. Other non-skating features include shade structures and sitting/observation areas

#### History of the Skateboard Park

In 2013, a group of concerned citizens began a signature campaign to build a skateboard park in the community and this marked the beginning of the Friends of the Linda Vista Skateboard Park. With the help of skaters, skateboard professionals, and the community the design of the park was approved. The construction began August 2016 with the grand opening on January 16, 2018.

#### Know the Rules

- Parent or legal guardian must accompany children under 12 years.
- The only devices allowed in a skate park facility are skateboards, roller-skates, roller-blades and in-line skates. Any other devices, including but not limited to bicycles, scooters and motorized vehicles, are unlawful to use in a skate park facility.
- Skaters must be in full safety equipment to enter: helmets, elbow and knee pads designed for skateboarding.
- Visitors/spectators not skating are required to remain outside fenced area.
- No smoking, alcohol, food or drink, or glass containers allowed inside the skate park.
- Littering and graffiti are not permitted.
- Unauthorized ramps, jumps or obstacles cannot be used inside or outside the skate park area.
- Animals are not permitted in the skate park.

FINALY Oping 3 pm

LREDRYS

Join us for a free fun night of family entertainment. Dropins are welcome. A concession stand will be open selling snacks and drinks. Proceeds to benefit the youth activities at the center.

1st Friday of the month



Arts and Crafts for the whole family.
Paint, Draw. Color, Build, Mold, Bake, etc.
in a fun and festive environment.

3rd Friday of the month

Family Movie Night!

Snack Bar will be open.

Get your Monstarz Punch Card or tickets from Aly or Ira 2nd Friday of the month

Whether you play in teams or against each other, just have fun! Play video games, board games, card games with the family. Let the Feud begin!

4th Friday of the month

Volleyball, Basketball, Pool. Kickball, Dodgeball you name it we'll try to play it. Play with staff and friends.

# LINDA MUSTA DI ACTIONATION DE LA CENTER DE LA CONTRE DE L

The Linda Vista BLAST Teen Center is the spot in the neighborhood for teens to hang out after school or during breaks. If you are between that ages of 12 to 17 years old, this is the place for you. We offer many activities to keep any teen occupied for several hours.

Amenities: two (2) 50" flat screen TVs, PS4
Game System, Nintendo Switch Game
System, a pool table, lockers, gathering space,
and a snack bar.

Sale from the snack bar helps fund the Linda Vista BLAST Teen Center.

The center is open Monday through Friday from 4:00 pm to 7:30 pm.

Except City Holidays

Come join us, you'll have a BLAST?

Building Leaders and Supporting Teens

#### Bach Van Kung Fu

An extremely disciplined, powerful martial art where strength is built in low stances and powerful blocks. Students will learn self-defense, judo, and various other techniques.

ActiveNet Code: 62605

Day: Saturday

Time: 1:00 pm to 4:00 pm Age: 8 years and old

Cost: FREE
Instructor: Master Hai
Location: Gym



#### **Basketball**

This program is designed to develop and enhance player's fundamental skills on passing, dribbling and shooting in a friendly and team oriented environment.

The coach will set practice days and times. Parents will be contacted at least a week prior to the first practice. All games will be played off site.

Day: TBA
Time: TBA

Age: 5 to 14 years old

Cost: \$23.00 Instructor: Staff Location: Gym



ActiveNet Code					
PeeWee 10U 12U 14U					
62704	62705	62706	62707		

#### **BLAST Teen Center**

We offer a variety of special interest activities for teens. Categories include: sports, arts, video game challenges, mentoring, pool tournaments, and more.

ActiveNet Code: 62765

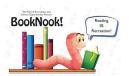
Day: Monday through Friday
Time: 4:00 pm to 7:30 pm
Age: 12 to 17 years old

Cost: FREE

Instructor: Nick and Kiana Location: Teen Center

#### BookNook!

BookNook is a "take a book, leave a book" book shelf located in the recreation center. If you really like a book, keep it and then donate a different book to share.



No Library Card required...Let's read!

#### Cake Creations!

What happens when you take the CAKE CREATIONS! class at Linda Vista? Everyone will ask you to make them a cake! Participants will learn to prep and decorate cakes. Learn to make icing, piping techniques, using fondant and more. Supplies will be provided Students will leave with their finished product.

ActiveNet Code: 62778

Dav: Wednesday

Time: 4:30 pm to 5:30 pm Age: 6 to 11 years old

Cost: \$15.00
Instructor: Roshawnda
Location: Kitchen

ActiveNet Code: 62766

Day: Tuesday

Time: 5:00 pm to 6:00 pm Age: 12 to 17 years old

Cost: \$15.00
Instructor: Aly
Location: Kitchen

#### Ceramics

This class aims to teach each student the basic principals of ceramics, while providing tips and tools they need to create beautiful artwork they will enjoy for a lifetime!

ActiveNet Code:

June: 62911 July: 62912 August: 62913

Day: Monday

Time: 6:30 pm to 7:30 pm

Age: 8 years and older

Cost: \$8.00 per month

Instructor: Alicia
Location: Craft Room

#### Cheer Camp

Participants will learn cheers and basic stunts that will give an introduction to our Spirit Squad. Participants will also participate in art activities geared toward cheer.

ActiveNet Code: 63452

Day:Monday through FridayWhen:August 5 to August 9Time:9:00 am to 12:00 pm

Age: 8 to 17 years old

Cost: \$18.00

Instructor: Demetria & Aly Location: Auditorium



#### Coloring

Coloring is no longer just for kids; in fact, teen coloring books are all the rage. Just like meditation, coloring allows us to switch off our brains from other thoughts and has therapeutic potential to reduce anxiety, create focus, and bring about more mindfulness. Drop-ins are welcome.

#### ActiveNet Code:

June: 62599 July: 62600 August: 62601

Day: Tuesday

Time: 5:00 pm to 5:45 pm Age: 5 to 17 years old

Cost: FREE Instructor: Kiana

Location: Meeting Room 1

#### **Crafting It!**

This monthly activity challenges the participants to create projects using various materials. Participants will learn various crafting techniques every week. In the final class of the month, you will compete with fellow participants in creating a project using the materials and techniques you were taught.

#### ActiveNet Code:

June: 62709 July: 62710 August: 62711

Day: Tuesday

Time: 5:00 pm to 6:30 pm Age: 8 to 11 years old

Cost: FREE
Instructor: Vanessa
Location: Craft Room

#### **Embroidery**

Embroidery is a traditional needlecraft used to create decorative pieces and also to embellish quilts, sewn projects, and much more. Participants will learn basic stitching techniques, creative patterns, and transferring designs to fabrics. No crafty experience is necessary as you will get guided instructions throughout the class.

#### ActiveNet Code:

June: 62985 July: 62984 August: 62983

**Day**: Thursday

Time: 4:30 pm to 5:30pm
Age: 8 years and older
Cost: \$5.00 per month
Instructor: Roshawnda
Location: Craft Room



ALL CITY OF SAN DIEGO PARKS, POOLS, AND BEACHES ARE SMOKE FREE.

#### Family Fun Friday

Every Friday we bring friends and families together for a night of fun. We will have a variety of activities available to play - either with friends or other families. We will also have some large group games such as Family Feud, Trivia Pursuit and limbo. Drop-Ins welcome

#### ActiveNet Code:

1<sup>st</sup> Friday 62595 Art Night
2<sup>nd</sup> Friday 62596 Game Night
3<sup>rd</sup> Friday 62597 Movie Night
4<sup>th</sup> Friday 62598 Sport Night
Time: 6:00 pm to 8:00 pm

Age: All Ages
Cost: FREE
Instructor: Staff

Location: Various Rooms

#### Learn to Swim

Group lessons are available for boys and girls age 3 years and older, at least three feet tall, and toilet trained. An appropriate swimsuit is always required.

Classes will be conducted Monday through Friday with varying class times depending upon registrations. Each session provides participants with five thirty-minute lessons. Each one-week session cost \$5.00 plus fees.

There are NO REFUNDS.

Class schedules are subject to change or cancellation.

#### Mentoring

A boys mentoring program to help them through this difficult time transitioning from young boys to adults.

#### ActiveNet Code:

Day: Tuesday

Time: 4:30 pm to 5:30 pm Age: 12 to 17 years old

Cost: FREE
Instructor: Nick & KJ
Location: Teen Center

#### Open Play

#### **BASKETBALL**

Tuesday through Friday
Saturday
9:00 am to 12:30 pm\*
Sunday
9:00 am to 2:45 pm\*

VOLLEYBALL

Monday 7:30 pm to 9:30 pm\*

\*Times subject to change without notice. Please call the recreation center for current open play schedule.

#### Paper Craft

This program is centered around paper crafting. Participants will use paper to complete projects like Origami figures, paper quilling, making cards, making paper, and much more.

ActiveNet Code: 62779

Day: Wednesday

Time: 4:30 pm to 6:00 pm Age: 10 years and older

Cost: FREE Instructor: Staff

Location: Meeting Room 1

#### Piano

This one on one class emphasizes keyboard techniques and the sight reading. They will also learn basic hand positions, fingering patterns, and advanced keyboard techniques.

All students must register in person.

Day: Saturday

Age: 7 years old & up

Instructor: Chinh Location: Craft Room

ActiveNet INFO:					
	JUNE (4 classes)	JULY (3 classes)	AUGUST (3 classes)		
Monthly Fee	\$50.00	\$37.00	\$37.00		
11:20 am	62649	62631	62667		
11:40 am	62650	62632	62668		
12:00 pm	62651	62633	62669		
12:20 pm	62652	62634	62670		
12:40 pm	62653	62635	62671		
1:00 pm	62654	62636	62672		
1:20 pm	62655	62637	62673		
1:40 pm	62656	62638	62674		
2:00 pm	62657	62639	62675		
2:20 pm	62658	62640	62676		
2:40 pm	62659	62641	62677		
3:00 pm	62660	62642	62678		
3:20 pm	62661	62643	62679		
3:40 pm	62662	62644	62680		
4:00 pm	62663	62645	62681		
4:20 pm	62664	62646	62682		
4:40 pm	62665	62647	62683		

#### Scrapbooking

The participants is introduced to the methods and techniques of modern scrapbooking. They will learn how to develop quality page layouts, cropping photos, journaling, use of stamps, embossing and much more.

ActiveNet Code: 62767

Dav: Thursday

Time: 6:30 pm to 7:30 pm Age: 10 to 17 years old

Cost: \$15.00 Instructor: Aly

**Location**: Auditorium

#### **Table Tennis**

This program is for players to come and enjoy both recreational and competitive play. Participants must bring their own table tennis paddles and balls.

ActiveNet Code: 62604

Day: Time:

Saturday 12:00 pm to 4:45 pm Sunday 10:00 am to 2:45 pm

Age: Adults
Cost: FREE
Instructor: Luong
Location: Auditorium

\*Times subject to change due to rentals and center programming.

#### Tai Chi

The Ten-Forms of Integral Tai Chi is a series of exercises, relaxation techniques, and meditation. It combines yoga, Tai Chi, Qi Gong, and meditation into one holistic system that integrates body, mind, and spirit. The forms when combined are means to integrate the

Age: Adults
Cost: FREE

body, mind, and spirit.

Instructor: Compassionate Service Society

**Location**: Auditorium

	Sunday	Monday	Tuesday	Saturday
Day/ Time:	9:00 am - 11:00 am	7:30 pm - 9:20 pm	6:00 pm - 8:00 pm	9:00 am - 11:00 am
Active- Net	62610	62608	62611	62609

www.sandiego.gov/park-and-recreation

#### Tennis

Alex Nguyen Tennis offers a variety of classes for all age levels. Each student is expected to bring the following: Tennis racket, form of hydration, tennis shoe/attire.

Session: June 3 to August 19
Coach: Alex Nguyen
Location: Tennis Courts 1 & 2

Website: www.alexnguyentennis.com

Beginner (8-17 years old) Cost: \$150.00	ActiveNet Code:
Monday: 3:30 pm to 4:30 pm	62686
Monday: 4:30 pm to 5:30 pm	62687
Tuesday: 3:30 pm to 4:30 pm	62690
Tuesday: 4:30 pm to 5:30 pm	62691
Wednesday: 3:30 pm to 4:30 pm	62692
Wednesday: 4:30 pm to 5:30 pm	62693
Thursday: 3:30 pm to 4:30 pm	62688
Thursday: 4:30 pm to 5:30 pm	62689
Intermediate (8-17 years old) Cost: \$225.00	ActiveNet Code:
•	ActiveNet Code:
Cost: \$225.00	
Cost: \$225.00  Monday: 3:30 pm to 5:00 pm	62694
Cost: \$225.00  Monday: 3:30 pm to 5:00 pm  Monday: 5:00 pm to 6:30 pm	62694 62695
Cost: \$225.00  Monday: 3:30 pm to 5:00 pm  Monday: 5:00 pm to 6:30 pm  Tuesday: 3:30 pm to 5:00 pm	62694 62695 62698
Cost: \$225.00  Monday: 3:30 pm to 5:00 pm  Monday: 5:00 pm to 6:30 pm  Tuesday: 3:30 pm to 5:00 pm  Tuesday: 5:00 pm to 6:30 pm	62694 62695 62698 62699
Cost: \$225.00  Monday: 3:30 pm to 5:00 pm  Monday: 5:00 pm to 6:30 pm  Tuesday: 3:30 pm to 5:00 pm  Tuesday: 5:00 pm to 6:30 pm  Wednesday: 3:30 pm to 5:00 pm	62694 62695 62698 62699 62700

Youth Fundamentals (5-7 years old) Cost: \$150.00	ActiveNet Code:
Friday: 4:30 pm to 5:30pm	62703
Match Play (8-17 years old) Cost: \$120.00	ActiveNet Code:
Saturday: 12:00 pm to 2:00 pm	62702

#### Tennis Camp

ANTennis camps have been carefully crafted to bolster learning at all levels and ages. All programs incorporate tennis skills with physical conditioning to improve stamina, agility, and strength. Also, there is an innovative testing system at the end of every session for Beginning and Intermediate Junior sessions to properly evaluate where the student, allowing you to practice smarter and harder.

Day: Monday thru Friday
Time: 9:00 am to 12:00 pm
Age: 7 to 17 years old

Cost: \$75.00
Coach: Alex Nguyen
Location: Tennis Courts 1 & 2

Website: www.alexnguyentennis.com

ActiveNet INFO:						
Week:	6/17 to 6/21	6/24 to 6/28	7/1 to 7/5	7/8 to 7/12	7/15 to 7/19	
Active- Net Code:	61106	61107	61118	61113	61114	
Week:	7/22 to 7/26	7/29 to 8/2	8/5 to 8/9	8/12 to 8/16	8/19 to 8/23	
Active- Net Code:	61115	61116	61117	61119	61120	

#### **Theater Arts**

Casting Call for Extras! The Linda Vista Theater Arts production of "The Circle of Life".

ActiveNet Code: 62602

Day: Monday or Thursday
Time: 5:00 pm to 6:30 pm
Age: 5 to 17 years old

Cost: \$15.00
Instructor: Vanessa & KJ
Location: Auditorium

Costume Info.
ActiveNet Code: 62603

\$35.00 MANDATORY ONE TIME FEE.

#### Volleyball - Teen

Teens, continue to develop your volleyball skill at this open play activity. All teens are welcome. Sign in at the Teen Center.

Day: Monday

Time: 5:00 pm to 7:00pm Age: 12 to 17 years old

Cost: FREE
Instructor: Demetria
Location: Gymnasium

#### Vovinam

This program is designed to help build individuals through the instruction and discipline of the Vietnamese Martial Arts. This program offers three levels of instructions: Beginner, Intermediate, and Advance.

ActiveNet Code: 62606

Day: Monday

Time: 6:30 pm to 8:00 pm

Days: Wednesday and Friday

Time: 6:00 pm to 8:00 pm

Age: 7 years old & up

Cost: FREE

Instructor: Tam Nguyen
Location: Auditorium

#### Walking Club

Walking may to the simplest way to work out. You can do it almost anywhere, and it's better at Linda Vista Community Park.

Benefits of walking include but not limited to a stronger heart, lower your blood pressure, reduce stress and a good night's sleep.

Join us for a walk around Linda Vista! Don't forget your water bottle.

ActiveNet Code: 62986

Day: Monday, Wednesday & Friday

Time: 4:00 pm to 5:00 pm

Age: ALL AGES
Cost: FREE
Instructor: Kiana
Location: Field



Just a Reminder, Public Defibrillators are located at all Recreation Centers in the City of San Diego.









Linda Vista Theater Arts

## THE CIRCLE OF LIFE

Linda Vista Recreation Center 7064 Levant St., San Diego 92111 Wednesday, November 20, 2019 Thursday, November 21, 2019 Friday, November 22, 2018

